



FOR IMMEDIATE RELEASE

Contact: Meghan Wedd McGuire
803-737-2325

This Week's Healthy SC Challenge Tips

First Family Encourages Healthy Changes in Nutrition, Exercise and Tobacco Use

Columbia, S.C. – August 18, 2006 – The Healthy SC Challenge is the Sanford family's effort to get all South Carolinians to do just a little more to live a healthier lifestyle. The tips are designed to encourage individuals and communities to live healthier lifestyles in three categories - nutrition, exercise and help to quit smoking. The tips can also be found on the challenge's website, **www.healthysc.gov**.

Healthy Tips

Nutrition

All berries are low in calories, high in fiber, brimming with vitamin C and chock full of disease-busting antioxidants. They can be eaten fresh or frozen, tossed into salads, smoothies, yogurt, cereal, pancakes and of course, eaten all by themselves! Most kids love to pick them as much as they love to eat them – so visit your local “pick your own” berry farm for a wholesome, fun way to improve your family's health.

– **Ann Kulze, MD – Nationally recognized nutrition and wellness expert**

Physical Activity

Dancing is probably the most fun way of staying in shape! You may think you have two left feet, but even so dancing can have great benefits for your health. It's simply a question of finding a form you enjoy - and a willing partner! Check you local newspaper for a listing of community dance instructions – most are free or very inexpensive if taught in community YMCA's or civic organizations.

– **Louis Yuhasz, louieskids.org**

Tobacco

South Carolinians now have access to an improved range of comprehensive tobacco treatment services through the S.C. Tobacco Quitline. The quitline service is available free by calling 1-800-QUIT-NOW (1-800-784-8669) or online at www.scdhec.gov/quitforkeeps. Live operators staff the new quitline seven days a week from 8 a.m. until midnight. Quitline services are provided in English and Spanish with translation available in other languages.

– **S.C. Department of Health and Environmental Control (DHEC)**

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*The Healthy SC Challenge is an outcome-based, cooperative effort aimed at encouraging individuals, communities and organizations across the state to show shared responsibility in developing innovative ways to improve the health of South Carolina's citizens. For more information about the Healthy SC Challenge, please visit **www.healthysc.gov**, or contact Meghan McGuire at 803-737-2325.*